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# MCT News & Life

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# MCT News & Life

March 2019 | Edition 12



## Welcome to our March edition of MCT News & Life!

**This month we are thrilled to share many highlights and updates with you that have been happening at MCT around Tasmania.**

Over the past two months we have been busy holding resident and relative forums across the state. I am pleased to share that MCT will be holding regular Community Engagement Forums throughout the year. We were delighted to see so many residents and relatives attend our first series of forums that were held in January and February at all three of our Homes. These forums are an opportunity for MCT to share information about the Royal Commission, new Aged Care Quality Standards and consumer feedback. Questions from the audience are strongly encouraged and we enjoyed having some valuable conversations with you. We hope these forums will be a great chance for MCT engage in some open and transparent communication with those who live with us and their family and friends.

Several family members made a point of acknowledging our staff and their amazing work and commitment to those who they care for every day. One family noted the quality, caring time that staff spent with her loved one and made special mention of the mutual respect she witnesses between residents and staff and the wonderful strong relationships that were formed every day. These comments are a true reflection of the extraordinary work from our 500+ staff across the state. Please see the next page for information about our next series of forums.

As you may be aware, Daniel Findley has resigned as CEO from MCT to pursue the next challenge in his professional life. We thank Daniel for his significant contributions to MCT and wish him all the best with his future endeavours. The Board has commenced a formal recruitment process for a new CEO, and in the interim, have engaged an experienced executive leader and health services professional to lead our organisation and help continue business as usual.

I am pleased to share that Jacqueline Howard has joined MCT as Interim CEO. Jacqueline has been embedded in human services for over 30 years and brings extensive experience and knowledge of aged care services, disability services and health services. Please join me in welcoming Jacqueline to MCT. I look forward to updating you on our progress in the May edition of MCT News & Life.

Let me take this opportunity to sincerely thank you for your ongoing support. As you can see from the many highlights enclosed, we have an exciting year ahead of us.

Thank you for choosing to live life with Masonic Care.

Kindest regards,

**Klaus Zimmermann AM**

*Chairman, Masonic Care Tasmania*

# Community Engagement Forums

Thank you to everyone who has already attended our Community Engagement Forums at Freemasons, Fred French and Peace Haven. They have been a great opportunity to discuss topics such as The Royal Commission into Aged Care, the new Aged Care Quality Standards and any consumer feedback. We are holding these regular forums to ensure we have open and transparent communication with you, your family and your friends.

We will be having regular forums every few months, with the next dates as follows:

#### FRED FRENCH

8th May, 2-3pm – Activities Lounge

#### PEACE HAVEN

16th May, 3-4pm – Day Therapy Centre

#### FREEMASONS HOME

22nd May, 2-3pm – Activities Hub

## SoupedUp Menu Update



What a stunning start to the year we have had! As expected, some of the summer produce we have sourced for our meals have been wonderful. It is the season for sun-ripened tomatoes, zucchini and other fresh salad items. Our current SoupedUp menu

is having a few minor adjustments based on your feedback and some suggestions from our dietitian, so it will get even healthier!

There is an exciting autumn menu being designed with loads of classic dishes and some favourites that can't go wrong with our residents. We are also focusing on the presentation of our texture-modified meals, with ideas and inspiration being sourced from other experts across facilities on the mainland.

It's going to be a great year for making sure our food and food service is consistently improving.

**Pictured (left):** The tomato and herb tart is going to be a new tea item to go with savoury mince for those who don't want toast. It will be served as individual tarts.



## Maintenance and Groundsperson (South)

# Meet Amanda Arthur

**Amanda joined MCT's southern maintenance and groundsperson team in January. Over the past 10 years, she has worked at two well-known nurseries in southern Tasmania. Amanda studied her Certificate III in Horticulture while she was working and specialising in propagation (the process of growing new plants from a variety of natural sources). Her skills and knowledge will be of great value to the MCT team!**

### A few words from Amanda

Those who know me know that I love animals, especially cats and dogs. I have a dog and a cat who are affectionately called my 'fur babies'. I find animals and plants relaxing and peaceful, so naturally I wanted to work in a role similar to this!

### What I'm looking forward to at MCT

I'm looking forward to developing new skills and extending my knowledge in an area of expertise I love. I am excited to be joining such a tight-knit team and caring organisation.



## Your New Volunteer Coordinator

**The Leisure & Lifestyle team held a morning tea to introduce Janine to our Freemasons volunteers.**

*Pictured (L-R): Deb, Claude, Janine, Jenny, Linda & Pam.*

Janine previously held a role of ECA and also assisted with relief reception duties. Congratulations on your new appointment, Janine!



## Thank You, Valmai

**We would like to say a big thank to Fred French resident, Valmai, who has been doing a beautiful job planting the gardens.**

Valmai is known for the time she puts into the garden at Fred French, and for her efforts in growing and selling plants to raise money for the Day Therapy Centre.

"I'm planting a lot here to fill up space and get colour," Valmai says. "You can go for a walk, pick flowers and watch the birds and it's just wonderful!"

# Our Talented Staff

We have so many talented staff, whether it's with musical instruments, singing, photography or even writing!

This poem is written by our talented staff member, Sarah Franks. It has been framed and now proudly hangs in Peace Haven's Balfour wing for everyone to enjoy.

## From Dark Mofo's Solstice Swim to Skydiving

You may remember our adventurous Home Care client, Graham Mineall, who plunged into the icy waters of the Derwent River with his two carers, Angie and Sarah, for the 2018 Dark Mofo winter solstice swim.

Following this, Graham was frequently asked, "what's next?" Recently, he showed us!

Usually confined to a wheelchair due to secondary progressive MS, the thrill-seeking 75-year-old jumped out of a plane with the Wynyard Aero Club.

Visit our Facebook page to watch the inspiring video:

**f @MasonicCare**

## Lost Mind

You may think I'm silly  
As I can't recall your name,  
Or remember that you came last week,  
Nor your picture in the frame

You may think I'm silly  
As I talk about the past,  
Remembering my family,  
And old trees, that didn't last

You may think I'm silly  
That I call you Bill, not Dan,  
Or that I think you are a stranger,  
From a far and distant land

You may think I'm silly  
That I wander off sometimes,  
Searching for something I've lost,  
God only knows when I will find

You may think I'm silly  
That I've gone and lost my mind,  
But to me, I am not silly,  
It's myself I'm trying to find

- Sarah Franks



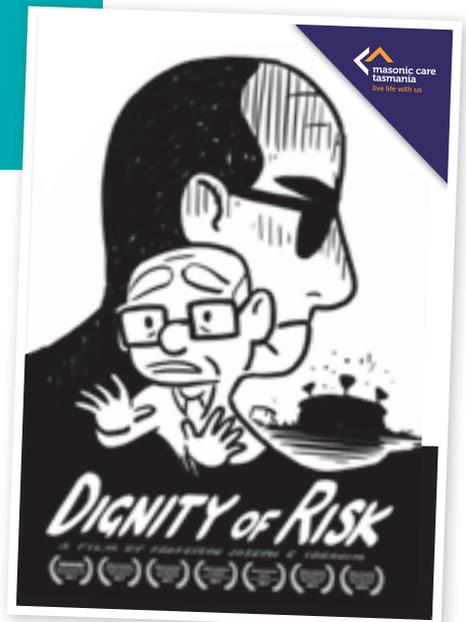
# Dignity of Risk

**On March 7th, we held a short-film event highlighting the idea of 'Dignity of Risk'.**

'Dignity of Risk' refers to the idea that the right to take reasonable risks are essential for dignity and self-esteem.

The 15-minute short-film documentary featured an encounter between Professor Joe Ibrahim and a patient, Mr Jones, who had recently been diagnosed with dementia. The film raised the question relating to either protecting Mr Jones from harm or intruding on his choices to enjoy his life.

The film and Professor Joe Ibrahim's presentation was extremely inspiring and informative, and gave both professional carers and family and friends alike great insight into the dignity of risk.

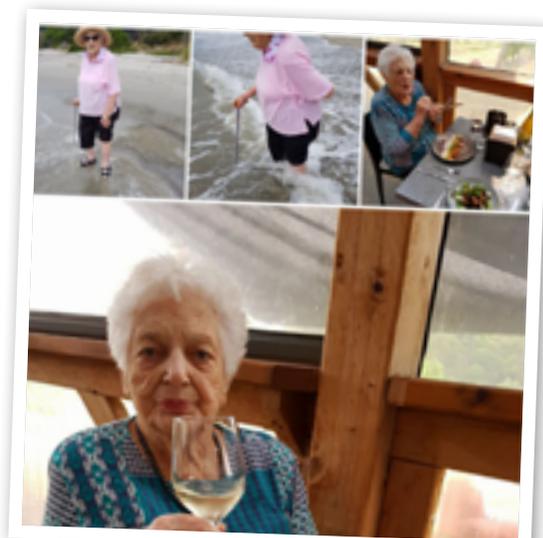


## Australia Day Celebrations

**Many of you from across the state celebrated this wonderful country we live in with all things Aussie on Australia Day.**

At our Day Therapy Centre in the north, you enjoyed an Australian word puzzle, little pies, pasties and lamingtons for morning tea followed by an Australian history quiz and a friendly game of volleyball. In the south, residents celebrated with drinks at Audrey's Bar and a BBQ in the sun.

Some of you were even lucky enough to spend the day with family and friends, including Marie Parker who enjoyed a relaxing time at the family shack on Bruny Island. >



# 100 Amazing Years

**Last month, Nancy Harris was spoilt by family and friends at Peace Haven to celebrate her 100th birthday.**

During her six years with us, she has shared many of her amazing stories from her 100 years of life.

She is loved by all, and we hope she had the most amazing birthday!



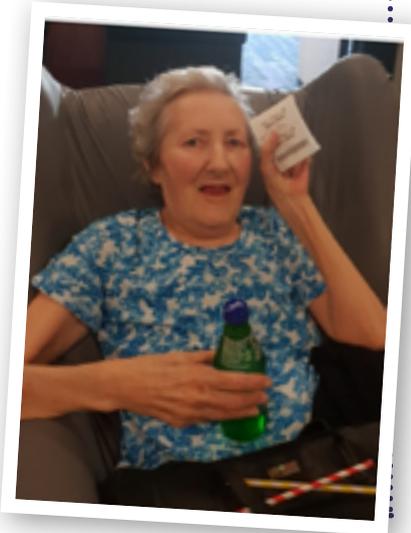
## Barbara Meets Queen

**Barbara Dawes is a huge fan of Freddie Mercury, so when Bohemian Rhapsody came out at the Star Theatre, she couldn't wait to see it.**

Words cannot express how much she enjoyed the show.

"I wanted to sing louder," Barbara said, "but didn't as I would've scared the others in the theatre."

Barbara also requested for the taxi to drive through KFC as she "had a craving for it".



## Talented Jack

**One of our Freemasons Home residents, Jack McLean, has been creating some amazing drawings.**

Pictured is staff member, Jenny Bleathman's, late dog, Ratta. He has also done some beautiful drawings of other staff members' animals, and portraits of nurses and other staff.



## Have Your Say!

**Your opinion is important to us, and we want to make it easy for you to give feedback.**

**The best way for you to share any suggestions or feedback about MCT is to complete a 'Have Your Say' form.**

You will find these forms in the reception area of each of our homes.

Once you have filled out the form, simply place it in one of the letterboxes in your facility or refer to the brochure.

Each form is personally reviewed by the facility manager, and feedback will be provided if you choose to receive it.

# News & Activities

## Freemasons Home

### Featured events

#### Malcolm Cooney (Pianist)

Tuesday 12th March at 10:30am, Activities Hub

#### St Patrick's Day Afternoon Tea

Wednesday 13th March at 1:30pm,  
Lindisfarne Activities Centre

#### The Melody Lane Singers

Tuesday 26th March at 1:30pm, Activities Hub

### Regular activities

#### Gentle Movement

Mondays & Wednesdays at 11am

#### Movie Afternoon

Mondays at 1:45pm

#### Balance & Strength

Tuesdays at 11am, Chats Café

#### Bingo

Tuesdays at 1:30pm

#### Music Therapy

Thursdays at 10am

#### Art Class

Thursdays at 10:30am, Marjorie Self Wing

#### Audrey's Bar

Open Fridays from 1:30pm



#### Trishaw Rides

To enjoy a Trishaw ride, connect with Margi Siggers from your Leisure and Lifestyle team.

## Fred French

### Featured events

#### DJ Skip Happy Hour

Friday 8th March

#### Glover Art Prize Outing

Wednesday 13th March

#### St Patrick's Day Happy Hour

Thursday 14th March

#### Harmony Day Celebrations

Thursday 21st March

### Regular activities

#### Coffee Club

Mondays at 10am

#### Cooking Classes

Tuesdays at 10:30am  
with Cynthia and Lou



#### Tai Chi

Wednesdays at 11:15am

#### Kiosk Trolley

Thursdays

#### Book Club

Thursdays at 10:30am

#### Happy Hour

Friday afternoons

You can also enjoy weekly word jumbles, knitters and natters, and a weekly exercise group.

## Peace Haven

### Featured events

#### Greg Howe

Thursday 7th March, Charles

#### Glover Art Prize Outing

Wednesday 13th March



#### St Patrick's Day Happy Hour

Thursday 14th March

#### Harmony Day Celebrations

Thursday 21st March

### Regular activities

#### Coffee Club

Mondays at 10am, Charles Lounge

#### Northern Support School Student Visits

Fortnightly on a Monday morning

#### Just Blokes

Fortnightly on a Monday morning

#### Connections & Reflections

Once a month on Monday morning

#### Bingo

Tuesdays at 2pm

#### Tai Chi

Wednesdays at 2:15pm, Charles Lounge

#### Happy Hour

Thursdays at 1:30pm

#### Music Memories

Fridays at 3pm

#### Gardening Group

Fortnightly on a Friday afternoon

## Retirement Living South

### Welcome to our new residents

#### The Anchorage

Mrs Janet Lowth

Mrs Noni and Mr Geoff O'Hara

Mrs Sue and Mr Dick Shoobridge

Mrs Margaret Proudlock

Mrs Christine and Mr David Louez

Mrs Julia Annells

Mrs Betty and Mr Noel Wilson

Mrs Gayleen and Mr Gerrad Strickland

Mrs Jenine and Mr Rod McLaren

Mrs Wendy and Mr Brian Freeman

Mrs Maureen Headlam

#### Waring and Quigley Units

Mrs Jill Lewis

### Featured events

#### Morning Tea

Wednesday 13th March at 10:30am  
Activities Hub, Freemasons Home

#### Bus Outing

Thursday 18th April  
Departing Freemasons Home,  
7 Ballawinnie Road at 10.30am

### Regular events

#### Gentle Exercise & Pilates Classes

Classes with personal trainer and Pilates instructor, Amanda, are held on:

Tuesdays at 10:30am-11:15am

Fridays at 1:30pm-2:15pm

Cost is \$8 for one session or \$10 for two sessions

### Reminder

## Retirement Living South 24/7 emergency property maintenance

If any issues arise, please contact  
Jason Nichols on 0408 318 316.

# News & Activities

## Retirement Living North

### Welcome to our new residents!

#### Masonic Garden Village

Brian Morrison, Deacons Court

#### Tamar Valley Court

Roger and Glennis Soffe

### Regular activities: Norwood

Regular activities are held in the Community Green Centre and all village residents are invited to attend. No previous experience or special skills are needed!

#### Gentle Exercise Class

Mondays at 10:30am

#### Social Table Tennis

Mondays at 6pm

#### Nurse Available

Tuesdays from 10am to 12pm in the Day Centre

#### Games

Wednesdays from 1:30pm

#### Singing Group

Fridays at 3:30pm

#### Happy Hour

First Friday of each month from 4:30pm  
BYO drinks and nibbles to share

#### BYO BBQ

Saturday night from 5:30pm  
Until daylight savings finishes on Saturday 6th April  
BYO food and drinks

#### Church Service

Sundays at 10:30am at Peace Haven Chapel



## Special Events



### ANZAC Day Service

A service will be held in the Masonic Peace Haven Day Care on Thursday 25th April from 10am with a special guest speaker. All welcome.

### Table Tennis Tournament

Following the success of the singles table tennis competition, a new doubles table tennis tournament is now being planned.

Please contact Norma Walker on  
(03) 6343 2730 for more details or to enter.

## Connect With Us

We are pleased to have specific email addresses for all of our locations around the state to help make it easier for you to connect with us.

We encourage you to continue speaking to us face-to-face, calling us or using the 'Have your say' form. Feel free to also contact us directly using the email addresses below. We look forward to hearing from you!

**Freemasons Home** [freemasons@mctas.org.au](mailto:freemasons@mctas.org.au)

**Fred French** [fredfrench@mctas.org.au](mailto:fredfrench@mctas.org.au)

**Peace Haven** [peacehaven@mctas.org.au](mailto:peacehaven@mctas.org.au)



## Hard Waste Collection Day

A hard waste collection day will be held for all northern Retirement Living villages on Monday 15th April 2019.

Hard waste includes items such as old whitegoods, cupboards and chairs. If you have hard waste that you no longer require, please place it outside your unit by 8am.

If need-be, a second collection has been organised for Tuesday 16th April.

## Regular activities: Newstead

Regular activities are held in the Newstead Court Community Centre and all nearby village residents are invited to attend. No previous experience or special skills are needed!

### Gentle Exercise Class

Mondays at 10am

### Friday at Five Drinks

*BYO drinks and a plate to share and join in the fun*

Friday 22nd March at 5pm

Friday 12th April at 5pm

Friday 26th April at 5pm

### BBQ Lunches

Saturdays from 12pm (*weather-dependent*)

### Eight Ball

An eight ball table has been donated for the Newstead Courts Village residents to use.

*Everyone is welcome to come and play, just contact Homer Fairley on (03) 6344 4910 or Harry Steele on 0408 761 147 to make a suitable time.*



## Special Events



### Norma Johnson's 90th

Long-time Tamar Valley Court resident, Norma Johnson, recently celebrated her 90th birthday with her family and friends at an afternoon tea.

## Regular activities: Exeter

Regular activities are held in the White House Community Centre. All are welcome and no previous experience or special skills are required.

### Keeping Fit Exercise Class

Wednesdays at 9:30am

### Cinema Afternoons

Fridays from 2pm

### Thai for Lunch

First Saturday of every month at the Exeter Hotel

*Next date: Saturday 6th April*

### Happy Hour

Last Saturday of every month at 4:30pm

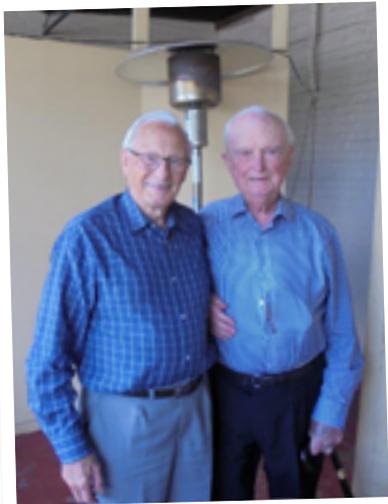
*BYO drinks and nibbles to share*

*Next date: Saturday 30th March*

# Franklin House Outing

Some of you from Peace Haven enjoyed an outing to the Franklin House National Trust Garden.

*Pictured right: Graham, Mary, Chantel, Bella and Lorna enjoying the sunshine in the beautiful garden.*



## A Leisurely Day at Longford

Ted and Graham recently enjoyed the outing to Longford Bakery.

These two men have hit it off and are becoming great mates. It is wonderful to see!

## Birthday Celebrations

Ken Escott and Frances Williams both celebrated being another year older in January.

Surrounded by friends and family, they got to enjoy this delicious cake!



## You Are Connected!

Don't forget that Fred French, Peace Haven and Freemasons all have Wi-Fi available for both residents and visitors, so you can stay better connected with those near and far!

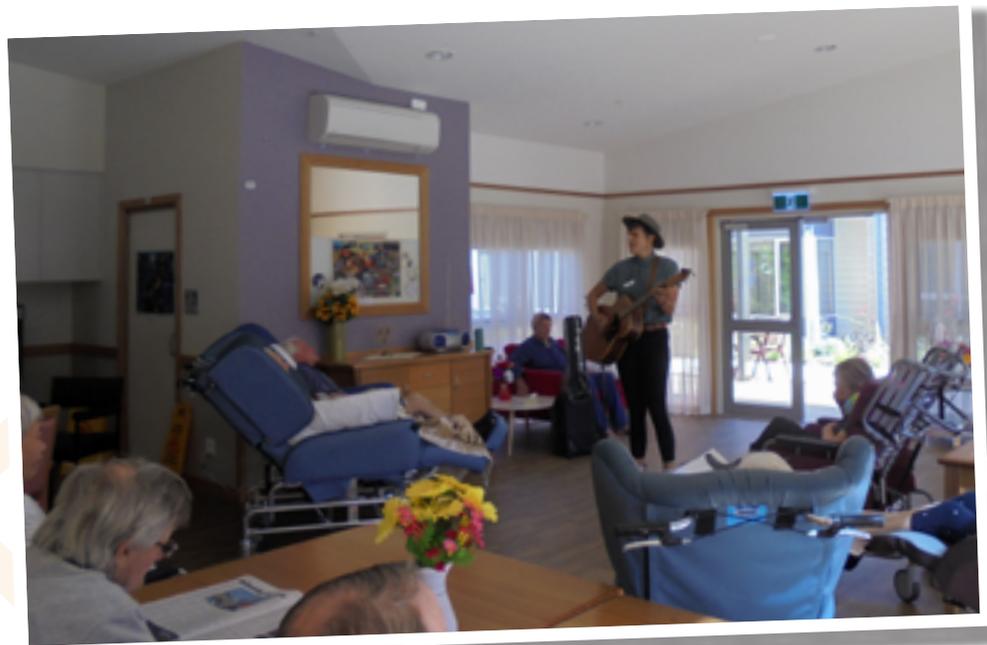
**To find out more, please speak to your reception.**



# Talented Kerryn Field

**Earlier in the year, Kerryn Field was in Tasmania for the festival circuit. The talented young man has a passion for the benefits of music for people living with dementia.**

After playing at Falls Festival, Kerryn visited Peace Haven and many of you had the pleasure of listening to him perform. Thank you Kerryn for brightening our day.



## Jobs for Migrant Workers



All participants have been allocated a “buddy” to work with and support them through their placement and will learn all aspects of our laundry, cleaning and catering areas. Please say hello when you see them in our northern facilities!

Pictured December graduate Laiela Aballa from Sudan shows her son Maher, her certificate. Photo courtesy of *The Examiner* Newspaper.

**Recently, another successful round of the Jobs for Migrant Workers Program saw the intake of new participants with MCT.**

The group has enjoyed a busy few months. Most recently, they completed Manual Handling with Transform Physio and received an introduction to Work Health and Safety. They have also undertaken training to assist with employability and job search skills such as resume writing.



# Valentine's Day Celebrations

Our Day Therapy Centre at Peace Haven enjoyed a fun day celebrating Valentine's Day whilst wearing red for Heart Disease Awareness.



A competitive quiz about Valentine Day's history got everyone laughing and there were even prizes for the best dressed in red. Thank you to everyone who joined us, we loved celebrating with you.

## A Lovely Thank You

Swinton staff at Freemasons recently received some beautiful flowers and a blue wren picture as a thank you from a resident's family.

The card provided a special thank you to Peta "for her valuable advice and assistance".



# MCT Client Services Charter

**MCT provides residential aged care, home care, community services and retirement living across Tasmania. More than 1000 people choose to live life with us.**

MCT wants to provide you and your family with superior customer service and expert care. We are committed to listening to you and working alongside you to make sure that you get the help and assistance that is available and importantly, right for you.

The MCT Client Services Charter shares what you can expect from our organisation and our staff. It also shares what you can do to help us provide you with the best service and expert care that we possibly can.

## We need your help

To help shape our service commitment to you, we would like your feedback and input into the Charter before we finalise. Please have a look below and let us know your thoughts – have we captured everything? Is there anything else you would like to see in this Charter?

## Have your say

Your opinion is really important to us, and we want to make it easy for you to give feedback.

The best way for you to share any suggestions or feedback you might have about our draft Client Services Charter is to complete a 'Have Your Say' form. You will find these forms in the reception areas of each of our homes. We look forward to hearing from you!

## Our Service Commitment

### Masonic Care Tasmania will

Respect your right to privacy and confidentiality

Keep you informed about your rights and responsibilities

Always be polite and respect your views and opinions

Update you with important information that may affect you

Provide you with information, guidance and support on other services you may be eligible for, or perhaps would like to pursue with MCT

Seek your feedback and give you opportunities to be involved in relevant decision making and discussions.



### How you can help us provide expert care and quality services

Provide us with complete and accurate information

Always act respectfully and safely towards other people who live with Masonic Care, staff, volunteers and visitors

Share your feedback, ideas or concerns.



**masonic care  
tasmania**

- > **Fred French**
- > **Peace Haven**
- > **Freemasons Home**
- > **Community Services**
- > **Retirement Living**

## **Get in touch**

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7 Ballawinnie Road,  
Lindisfarne TAS 7015

P (03) 6282 5200  
F (03) 6282 5266

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185 Penquite Road,  
Norwood TAS 7250

PO Box 108, Newstead TAS 7250

P (03) 6345 7200  
F (03) 6345 7191

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ABN 21 590 239 241

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For more information, please visit  
[masoniccaretas.com.au](http://masoniccaretas.com.au)